



# Peralta Memorial United Methodist Church

25 Wesley Rd -- Peralta, NM 87042

Telephone: 505-865-9334

Website: [www.peraltamethodist.org](http://www.peraltamethodist.org)

Church e-mail: [pmumc@peraltamethodist.org](mailto:pmumc@peraltamethodist.org)



*The Flame*

*We Serve Christ So All Will Follow Him*

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## SOME GOOD NEWS – PASTOR’S VIEW

The TV news, the newspaper, and the Internet are full of stories of bad news. We see attacks, violence, moral failings, and who said what about whom. Truly, there is nothing new under the sun, but this bad news and each new iteration of it becomes trying and worrisome.

So today I thought I'd share with you some good news from the pastor's view. Here are some wonderful, hope-filled things happening right now at Peralta Memorial UMC.

Our children's Sunday School has a robust contingent of 4-7 year-olds, so much so that they now have their own class, taught by Angie Davis and Leon Rael!

Our LOGOS Tuesday night family program continues to thrive and grow, with some wonderful, talented new staff teaching, leading, and sharing with our kids. It is a blessing to see the new teachers, table parents, and students who are part of LOGOS this year. LOGOS is a means of entry to our church and to Christian community.

The Crafty Ladies are hard at work on their November bazaar! It is so much fun to watch the ladies working together, visiting together, and seeing ordinary objects transformed into amazing crafts.

Many adult Bible studies take place all throughout the week, immersing people in God's living Word and making space for discussion and sharing. I often hear about the impact of our Bible studies in people's lives.

The youth, with the help of our whole congregation, just completed an amazing Pie Sunday. We currently have a whole bunch of middle-school youth as well as our amazing high-schoolers. This gives us great potential for the future.

Food Pantry and the Free Store continue to serve those whom Jesus calls us to serve. The Free Store is a place of hope, grace, and care to those who need clothes or a relationship with others who believe in Jesus Christ. Additionally, volunteers at the Free Store are receiving job skills training while they work, and the Free Store has sent many volunteers on to entry-level employment in Valencia County.

The Men's and Women's Recovery Academy ministries continue apace, making a tremendous difference in the lives of the residents, while they, in turn, make a huge difference in our church. Lives are changed. Tears flow. Residents demonstrate their skills and craftsmanship. People are real and honest, and everyone is treated as a child of God.

Behind all of these ministries are amazing people, and behind all the amazing people is Jesus Christ. May we continue to glorify Christ as the true savior and redeemer of our world, here in Peralta, New Mexico.

Pastor David



**PRAYER WARRIORS**

**THE KNOT PRAYER (Author Unknown)**

**Dear God,**

**Please untie the knots in my mind,  
my heart and my life.**

**Remove the have nots,  
the can nots, and the do nots  
that I have in my mind.**

**Erase the will nots,  
may nots, and might nots that  
may find a home in my heart.**

**Release me from the could nots,  
would nots and should nots  
that obstruct my life.**

**And most of all, Dear God,  
I ask that you remove from my mind,  
my heart, and my life all of the "am nots"  
that I have allowed to hold me back,  
especially the thought that  
I am not good enough.**

**Amen**

Please be in prayer for each of these on our continuing prayer list. If you know of anyone else who needs to be added, please call Ruth at 869-4842 or the church office, 865-9334.

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|---------------------------------------|---|--|-------------------------|
| <b>Pastor David &amp; Family</b>      | Valencia County Abundant Grace Free Store | <b>Lynn Schultz</b>                      | Erma Ward               |
| Karel & Martha Pekarek                | <b>Don &amp; Peggy Gleichman</b>          | Dorothy Marta                            | <b>Mike Heppler</b>     |
| <b>Conrad Joseph Hughes-Faganello</b> | Marj West                                 | <b>Cure for Cancer</b>                   | Eva Timmons             |
| Jim Kubisak                           | <b>Janette Baughman</b>                   | 5 year old Diego                         | <b>J'Amy Creel</b>      |
| <b>Joleen Baughman</b>                | Karen Fastnacht                           | <b>Nate Meyer</b>                        | USA Leaders             |
| <b>Larry Huff</b>                     |   |  |                         |
| <b>Michael Garrison</b>               | Terry & Cheryl Huber                      | <b>Our Freedom</b>                       | Richard & Linda Darnell |
| <b>Lori Bovinghausen</b>              |   |  |                         |
| <b>All Caregivers</b>                 | Anne Cassidy-Vigil                        | <b>All military &amp; their families</b> | Randy Ward              |
| <b>Pauline Taylor</b>                 | Mike Romero                               | <b>Bill Lynch</b>                        | Debbie Hester-Rael      |
|                                       |   |  | <b>USA Leaders</b>      |



*Aubrey Notman  
Memorial Library*

Our Church Library is open  
every Sunday morning  
or by calling the church office.  
Stop by and choose a book!!!



October already!  
And November is  
**Bazaar time!**  
**Mark November 18 and 19**  
**on your calendar!**



*Crafty Ladies*

**SIGN-UP** before and after both services on Sunday October 2 . . .

**FOR WORKING AT THE BAZAAR:**

Many of you are very diligent about working at the bazaar every year and we need and appreciate that. You will have a chance to sign up and will be called later to confirm a certain time.

**FOR BAKING:**

All baked or homemade goodies, no matter how much or how little, are appreciated and needed to make our bazaar complete--the greater the variety we have the better, so sign up now and we will be able to plan better!

We are also looking for people who will bake in larger quantities. We will furnish recipes and the ingredients for you; it is best if you can come to pick these up while we are meeting.

**FOR THE WEEK OF THE BAZAAR:**

November 14-17: Lots of extra helpers are needed that week, especially on Thursday, the 17th. That is a day of very hard work with lots of tasks that require standing and walking. Please sign up for the date and times you are available and we will get back with you. Be sure to include a phone number.

**MEETING DATES:**

October 4, 5, 18 & 19 (the first and third Tuesdays and Wednesdays) from 9:00 AM-2:00 PM in Fellowship Hall. Please join us as we need extra help at this time of the year. Helping is fun, fruitful and provides great fellowship!

For more information or if none of the sign-up times work for you, please come to a meeting, or contact any Crafty Lady. You may also call or see Lois Meadors at 865-6791 or Kelley Green at 865-6975 or call the church office.



## Tuesday, October 11 is the next date for Mary Circle/UMW to Meet!

Please join us at 9:30 AM in Fellowship Hall for prayer, coffee, fellowship and a bit of United Methodist Women business! Our hostess is Nina Eastburn and our program **World Thank Offering** will be led by Margrace Grotefend, so bring your offering!

Bernice Hughes and Dorothy Rose will be attending the NM Conference Annual Meeting of UMW in Alamogordo October 15 & 16. The local units have been asked to **bring items or money for the Alpine Community Center** to that meeting! Please bring your contributions for that, too, and Bernice and Dorothy will take them!

**The final business will be the election of officers.** So you see there is a lot to do that is important. Come and be a part of all of it. For more information call Chris Knox at 865-7864 or the church office.

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## BLESSING OF THE ANIMALS

St. Francis Day is October 4<sup>th</sup>, and we will celebrate our animal friends with a Blessing of the Animals Sunday, October 2<sup>nd</sup>! It will be held in the parking lot of Peralta

Memorial United Methodist Church, and begins at 2:00 p.m. All large and small animals are welcome, and must be on a secure leash or lead, or in a crate. Pastor David will pray over each of our beloved animal friends.

This event is free and open to our community, so please invite your friends and neighbors! We will need a few “shepherds” to help the blessing flow smoothly. Shepherds need to have their hands free and not have anyone on a leash, so if you have an animal to be blessed, please have someone else they know bring them. If you are interested in helping or have questions, please call Kristine at 553-5051 and leave a text or voicemail.



# Hymn History

## Because He Lives-1971



*“There is hope in your future, says the Lord.”* Jeremiah 31:17

Gloria Gaither graciously shares the background for this beloved song:

“When Bill and I started our family in the sixties, racial tensions were tearing the country apart. Civil rights activists had suffered and some had been killed. The Vietnam conflict was claiming thousands of lives, and tensions boiled over on university campuses. Many young people were growing disillusioned and ‘dropping out.’

“In this climate, Bill and I sought to write songs with lasting answers to the turmoil of the human spirit. But in the fall of 1969, several things happened to test the reality of our own convictions. We realized we were expecting another baby. Though we had always intended to have another child, we weren’t planning on a baby so soon. My body hadn’t quite recovered from the last pregnancy. Making matters worse, Bill contracted mononucleosis, which left him exhausted and depressed.

“This combination of national turmoil and personal trouble discouraged us, and we occasionally asked each other, ‘If the world is like this now, what will it be in 15 or 16 years for our baby? What will this child face?’

“While pondering and praying about these things, we came to realize anew that our courage doesn’t come from a stable world, for the world has never been stable. Jesus Himself was born in the cruelest of times. No, we have babies, raise families, and risk living because the Resurrection is true!

“Our baby arrived safe and sound, and we named him Benjamin, which means ‘most beloved son.’ A few weeks later ‘Because He Lives’ was born in our hearts and poured from our souls:

*How sweet to hold our newborn baby  
And feel the pride and joy he gives;  
But greater still, the calm assurance-  
This child can face uncertain days because He lives.*

“Over the years this song has reassured us that our Lord’s resurrection is the central truth of life. Because He lives, we can face tomorrow. Many times since, as our children grew, our business life changed, our fortunes shifted, or our direction clouded, our family has found assurance in this very personal song.

“It’s ‘our song,’ but we’re grateful other have loved it too.”

(Story taken from Then Sings My Soul, by Robert J. Morgan.)



The 2016 bell ringing campaign will be starting soon. Preparations are being made to make this a very fun and profitable campaign. We look forward to having a kettle at the Women’s Bazaar, then at the Smith’s and Wal-Mart in Los Lunas. More information will follow. Thank you congregation for all your participation in the past. If you have any questions please contact:

Wayne Sharp 505-620-8042 or

Lanna Sharp 505-615-8042.

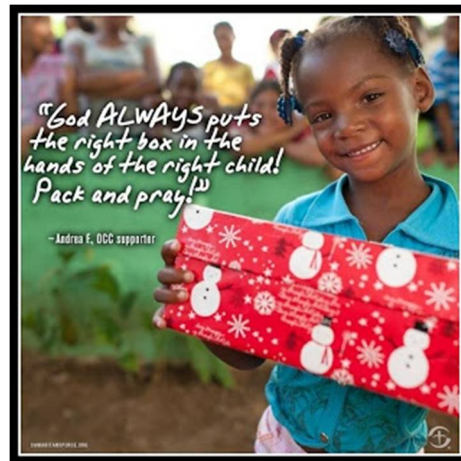
## Operation Christmas Child— also lovingly referred to as “The Christmas Shoeboxes”— is *already* right around the corner!

The collection dates are in mid-November (bring back boxes to PMUMC by Nov 15<sup>th</sup>), so there is plenty of time to start gathering up goodies!

If you have access to the internet, there are some wonderful ideas and suggestions for items to include in your box or boxes. That site is: <https://www.samaritanspurse.org/operation-christmas-child/what-goes-in-my-shoebox-suggestions/>

This year will be the last year to include candies and toothpaste. The administrators request people check the expiration dates on those items to be certain they extend 6 months past the collection date (as some boxes do not make it to their final destinations until months after Christmas due to remote and/or dangerous locations of children).

As always, Mike and I thank you so much for your continued support of this beautiful ministry. If you have questions or need a *personal shopper*, please contact Ruth Romero, 869-4842.



October 1 – Demetrius Stegall  
October 3 – Ryan Galey  
October 4 – Rena Hampton  
October 6 – Larry Hardy  
October 8 – Jim Derossett  
October 9 – Kristy Smith  
October 10 – Joey Bonanno  
October 11 – Frank Bonanno  
October 12 – Rich Stockton  
October 13 – Don Inman  
October 14 – Dorothy Marta  
October 15 – Dan Rose  
October 15 – Beth Gantzer  
October 15 – Tom Sams  
October 15 – Tessa Culver  
October 15 – Danielle Rose  
October 15 – Cooper Maynes  
October 16 – Stormie Van Curen  
October 17 – Bill Bixby  
October 17 – Anthony Smith  
October 18 – Iris Jones  
October 18 – Elliott Green  
October 20 – Warren Janke  
October 20 – Charlotte Holden  
October 20 – Antonio Altobello  
October 20 – Ashlyn Eubank  
October 21 – Salomon Martinez  
October 21 – Curtis Heppler  
October 23 – Hugh Jones  
October 23 – Jordan Valigura  
October 24 – Bob Hampton  
October 24 – Heather Rindels  
October 26 – Melodie Huff  
October 26 – Jack Stayton  
October 26 – Carole Row  
October 27 – Sallie Van Curen  
October 29 – Thom Knowlton



October 14 – Linda & Neil Smith  
October 22 – Regina & Warren Janke  
October 29 – Jan & Mike Buvinghausen  
Golden 50th

# AfterShock - Youth Group

Turning the hearts of youth and families to God and each other.

**PIE SUNDAY** was a huge success! The Aftershock youth extend a great big hug of thanks to each and every one who supported this event in any way. We raised over \$3500...which will go towards the youth mission this next year, including our summer mission trip to Cimarron. There were many delicious pies, cakes, brownies and fudge, and we really do have the best bakers in the county. We had a few pies that went over \$150 each and special thanks to Nina Sams whose Very Cherry pies went for \$250 and \$275. Wow!...and thanks to Kate Johns and Don Inman for their donations. \$275 is a new record highest paid for a pie. There are too many precious donors to list and too many of you who participated. The kitchen crew, cashiers, and of course our Auctioneer Extraordinaire Dan Johns. Thank you, thank you, Thank You!

**FEED THE HOMELESS** will be happening October 8. Youth will meet at the church at 9am to make sack lunches and we will be taking them to Albuquerque to distribute along with special gifts made by the Crafty Ladies, hot meal boxes donated by the food pantry and we can still use more blankets if anyone has some you would like us to share with someone who may be getting cold on the street.

Our "New Blue" bus should be ready very soon and we would like to thank Joe Heppler for "gittin' 'er done" for us. What a blessing!

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Oooooooooooooooooo!!!



It's Trunk or Treat Time!! Mark Your Calendars – Sat., October 29<sup>th</sup>, 2:00-4:00 pm.

*Decorate Your Trucks!! Decorate Your Trunks!! Decorate Your Vans & SUVs!!!*

We'll be in the east parking lot in front of the Sanctuary. There will be games & crafts & face painting for the youngsters. There will also be a corn pit and a bouncy house!!

If you will be decorating your vehicle & bringing treats, please notify Melodie (505)417-5661 – you may phone or text.





# Why Hugging Hurts Me

This is difficult for me to share, but hugging has the potential to hurt me, and not necessarily in the way one might assume. I have a medical issue called “chemical sensitivities.” (It was once known as “environmental illness,” as with “the boy in the bubble.”) In practical terms, it means I have a reaction to artificial chemicals, similar to an allergy. Unfortunately, commercial personal care products like shampoos, deodorants, hair gels, colognes, laundry detergents and dryer sheets, even dry cleaned garments, all have the ability to make me ill.

Many people these days have this sensitivity, but it can manifest differently in each person. For me, it begins with a burning of the lips and nasal passages, followed quickly by the beginnings of a headache. If the chemical exposure goes on, the pain can increase to almost migraine strength. If I don’t remove myself from the situation, and the pain reaches the medulla, or base of the brain, my coordination is affected, and I can lose my balance, stumble, and fall. Along with all that is a brain fog, where I cannot think clearly, and my speech is affected.

The list of chemicals does not stop at personal products, either. Most buildings these days are cleaned with scented products, as is our church. I have asked about PMUMC possibly using natural cleaning supplies, but so far, there has been no interest in going that direction. Traditional chlorine bleach is another big problem for me. I have been to restaurants where the table has just been wiped, and then I cannot sit there. Fumes from diesel vehicles are particularly troublesome, and I rarely pump my own gas (thanks to my wonderful husband). I cannot tolerate cigarette smoke for long, either (but this is, blessedly for everyone, less commonly encountered as of late). I don’t do well at all with “new car smell,” and other people’s cars are often dangerous for me to ride in. Any air “fresheners,” especially the plug-in variety (which are a fire hazard, by the way), bathroom “deodorizers,” scented candles, incense: unless they are made with natural, plant-based, essential oils, they simply make me sick.

I rarely shop for long in most stores, as they contain many products made of plastics and containing chemicals that off gas, and that includes the sizing and finishes on new fabrics. Being around new carpeting is a huge no-no for me (and incidentally, very bad for babies and toddlers), it is full of formaldehyde and other toxins, as are many building materials. I have not been able to hold a regular job in a very long time, because most jobs are in buildings and among people, and both of those entail chemicals. It is still difficult for me to find work I can do in an environment that won’t make me sick. Even being in my own home is no guarantee I’m safe. Our house is cooled in the summer with an evaporative cooler, and sometimes the neighbor’s artificially scented dryer sheets or a diesel tractor in the field across the street will vent directly into my house.

In case you feel sorry for me, I have learned to adjust, most of the time. I have learned to limit exposures, most of the time. I shield myself with peppermint oil, I avoid people and places I know will affect me adversely. If my husband and I attend a concert or theatre event, he is always ready to trade places with me if I am seated next to a perfumed patron. I try to sit on the aisle, whenever possible. I don’t sit in scented lobbies or waiting rooms. I don’t stay in other people’s homes for long. (Hotels rarely use scented cleaning products anymore, for which I am most grateful!) I always bring my own pillowcase, at the very least, when I travel. (If going by car, I bring my own pillow and towels, too!) I always hope when I fly that I don’t end up right next to someone wearing a strong scent (men’s colognes are some of the most potent!), and I hope I won’t have to inhale jet fuel.

So in case anyone has noticed, there have been times when I have left a worship service early, so I can avoid being hugged and going home wearing someone else’s cologne. I try and sit where I won’t be too close to others, and sadly, it makes me feel anti-social. I am hoping that everyone who reads my story will understand that I am not condemning anyone for their choices, but am just trying to share how difficult chemical sensitivity can be. And I hope my friends will realize I am not the only one with this malady, but I am just one of many “canaries in the mine.”

Kristine Mather-McRae

# October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
<b>2</b> 8:30 – Worship 9:45 – Sunday School 11:00 – Worship <b>CHURCH CONFERENCE IN SANCTUARY AFTER WORSHIP</b> 2:00 – Blessing of Animals, outdoor area 4:00 – Bell Choir 6 pm – AfterShock Youth	<b>3</b> Food Pantry 10-12:30 Cub Scouts, 6 pm Ed Bldg. Emmaus, #101, 6:30 <b>Stewardship, #104, 6:30 pm</b> Boy Scouts 7 pm, Ed Bldg.	<b>4</b> RRFB Delivery Crafty Ladies, Fell Hall, 9-2 LOGOS, 4:30-7:45 3:30 Homework <b>Trustees' meeting, #201, 6:30 pm</b>	<b>5</b> Crafty Ladies, Fell Hall, 9-2 <i>Auditorium reserved, Food Drop 12 noon to 6 pm</i> 6 pm – Girl Scouts, Ed Bldg. 6 pm- Study, #101 6 pm – Praise Team 7 pm – Choir Conf Rm reserved 7-9 pm (Thoms)	<b>6</b> Exercise Fell Hall 9 am <b>6 pm – Worship meeting #101</b> 6:30 GriefShare #103 6:30 Common Ground #204 6:30 – First Place 4 Health, Conf Room <b>7 pm, SPRC #104</b>	<b>7</b> Believe Study, Fell Hall, 10 am Cub Scout leaders', Ed bldg. room 6:30 Bible Study #203, 6 pm Emmaus, Fell Hall 6:30 pm	<b>8</b> Threads of Love, 10:30, Fell Hall Cub Scouts, Auditorium & Kitchen 10-7
<b>9</b> 7 am – UMM Breakfast, Fell Hall 8:30-Worship 9:45-Sunday School 11:00-Worship 4:00 – Bell Choir 6 pm-AfterShock Youth	<b>10</b> Food Pantry, 10 am to 12:30 Cub Scouts, 6 pm Ed Bldg Emmaus #101, 6:30 <b>Finance Meeting, #104, 6:30 pm</b> Boy Scouts, 7 pm, Ed Bldg.	<b>11</b> UMW – Fell Hall 9:30 am Fell Hall 12-4 & C.B. Kitchen 9-3 reserved, baking LOGOS, 4:30-7:45 3:30 Homework	<b>12</b> Fell Hall 9-4 & C.B. Kitchen 9-4-baking NMSU set up Auditorium 12 noon 6 pm – Girl Scouts, Ed Bldg. 6 pm - Study, #101 6 pm Praise Team 7 pm Choir Conf Rm reserved 7-9 pm (Thoms)	<b>13</b> NMSU cook class, Auditorium 9-1 Exercise, FH, 9 am 6:30, GriefShare #103 6:30 – First Place 4 Health, #101 <b>Ad Council meeting, Conf Room, 6:30 pm</b>	<b>14</b> Believe Study Fell Hall 10 am Bible Study #203, 6 pm	<b>15</b> <b>Fell Hall, Girl Scouts overnight 6 pm to Sunday 8 am</b>
<b>16</b> 8:30-Worship 9:45-Sunday School 11:00 – Worship 4:00 – Bell Choir 5:00 - Youth Praise 6 pm AfterShock Youth	<b>17</b> Food Pantry, 10 am to 12:30 pm Cub Scouts, 6 pm Ed Bldg. Emmaus #101, 6:30 pm Boy Scouts, 7 pm Ed Bldg.	<b>18</b> Crafty Ladies, Fell Hall, 9-2 LOGOS, 4:30-7:45 3:30 Homework	<b>19</b> Crafty Ladies, Fell Hall, 9-2 NMSU set up Auditorium 12 noon 6 pm – Girl Scouts, Ed Bldg. 6 pm - Study, #101 6 pm Praise Team 7 pm Choir Conf Rm reserved 7-9 pm (Thoms)	<b>20</b> <b>Nov. newsletter deadline</b> NMSU cook class, Auditorium 9-1 Exercise, FH, 9 am <b>P.a.C.T. @ DF Park, 10 am</b> Staff Meeting 4 pm 6:30 – First Place 4 Health, Conf Room 6:30 GriefShare 103 Common Ground, #204, 6:30 pm	<b>21</b> Believe Study, Fell Hall, 10 am Bible Study #203, 6 pm	<b>22</b> <b>BLOOD DRIVE, AUDITORIUM 9-12 (7-1 reserved)</b>
<b>23</b> 7 am – UMM Breakfast, Fell Hall 8:30 – Worship 9:45 Sunday School 11:00 – Worship 4:00 Bell Choir 6 pm AfterShock	<b>24</b> Food Pantry, 10-12:30 (9-1) Cub Scouts, 6 pm Ed Bldg. Emmaus, #101 Boy Scouts, 7 pm Ed Bldg.	<b>25</b> Fell Hall & C.B. Kitchens 9-3 reserved, baking LOGOS, 4:30-7:45 3:30 Homework	<b>26</b> Fell Hall & C.B. Kitchens 9-3 NMSU set up Auditorium 12 noon CPR, 5 pm #104 6 pm – Girl Scouts, Ed Bldg. 6 pm - Study, #101 6 pm Praise Team 7 pm Choir Conf Rm reserved 7-9 pm (Thoms)	<b>27</b> NMSU cook class, Auditorium 9-1 Exercise, FH, 9 am 1 <sup>st</sup> Aid – 5 pm #104 6:30 – First Place 4 Health, Conf Room 6:30 GriefShare #103	<b>28</b> Believe Study, Fell Hall, 10 am Bible Study #203, 6 pm	<b>29</b> <b>Fall Festival Trunk or Treat</b>  <i>Trunk or Treat</i> <b>2:00-4:00 pm</b>
<b>30</b> 8:30 – Worship 9:45 Sunday School 11:00 – Worship 4:00 Bell Choir 6 pm AfterShock	<b>31</b> Food Pantry, 10-12:30 (9-1) NMSU set up Auditorium 12 noon No Cub Scouts Emmaus, #101 Boy Scouts, 7 pm Ed Bldg.	<b>NOVEMBER 1</b> RRFB food delivery NMSU cooking class, Auditorium 9 am to 1 Crafty Ladies, Fell Hall, 9-2 LOGOS, 4:30-7:45 3:30 Homework	<b>NOVEMBER 2</b> Crafty Ladies, Fell Hall, 9-2 NMSU Audit. 12 noon 6 pm – Girl Scouts, Ed Bldg. 6 pm - Study, #101 6 pm Praise Team 7 pm Choir Conf Rm reserved 7-9 pm (Thoms)	<b>NOVEMBER 3</b> NMSU cook class, Auditorium 9-1 Exercise, FH, 9 am 6:30 – First Place 4 Health, Conf Room 6:30 GriefShare #103	<b>NOVEMBER 4</b> Believe Study, Fell Hall, 10 am Bible Study #203, 6 pm EMMAUS, Fell Hall 6:30 pm	 <b>Fall Back</b> <b>NOVEMBER 5</b> <b>Set clocks back 1 hour at bedtime</b>